

WOMAN'S PAGE

A NEW DISH

FROM EVERY STATE

Maine.

Meat Toast:—One cupful chopped meat, two cupfuls milk and a little salt. Place in an earthen vessel and let come to a boil. Thicken with flour to the consistency of thick gravy, pour over buttered toast and serve.

New Hampshire.

Puff Potatoes:—Pare the potatoes and cut in slices one-sixteenth of an inch thick. Have ready two pans of lard one tolerably hot, the other boiling. Drop a few slices of the potatoes into the hot lard and as soon as they brown lift them gently, drain and drop into the boiling lard when they will puff out in doughnutlike balls.

Vermont.

Pumpkin Pudding:—Stew the pumpkin until tender and rather dry, rub perfectly smooth, to each quart add one pound sugar, a lump of butter, a quart of milk, the beaten yolks of three eggs and cinnamon to flavor. Mix all well together, add the beaten whites of eggs and bake twenty minutes.

Massachusetts.

Cutlets of Mackerel:—Remove the skin and all possible bones, cut into cutlet shape, sprinkle with salt, pepper and flour, dip in beaten egg then in bread crumbs and fry in a little hot lard.

Rhode Island.

Tomato Oysters:—Remove the inside from large smooth tomatoes. Chop two dozen raw oysters, add two oz. chopped salt pork, one cupful grated bread crumbs, the juice and pulp taken from the tomatoes and salt and pepper to taste. Fill the tomatoes and bake in a moderate oven one-half hour.

Connecticut.

Soused Beef:—Cut cold, cooked meat in small cubes, add pepper, salt and a little mace. Pour over it hot vinegar, and serve either hot or cold.

New York.

Potato Salad:—To one onion chopped fine add two cupfuls mashed potatoes. Make a dressing with one teaspoonful cornstarch, one-fourth as much dry mustard, one-fourth cupful vinegar and a little salt and pepper. Boil up once and serve.

New Jersey.

White Flour Gems:—Stir into sweet milk sufficient flour to make medium stiff batter, add the beaten whites of three eggs and beat in two tablespoonfuls of thick cream. Bake in hot tins in a quick oven.

Pennsylvania.

Jury Pie:—Mash some meaty potatoes; add cream, salt and pepper. Place a layer in a baking dish, over this place a layer of cold chopped meat. Repeat until the dish is full. Carefully turn on one cupful rich cream; dot with butter and bake.

Delaware.

Breakfast Chicken:—Cut a tender fowl into pieces and cook, until done. In an earthen dish place one quart rich milk, two tablespoonfuls butter, one teaspoonful onion juice and salt and pepper to taste, add the chicken, stir thoroughly and over the top spread two cupfuls bread crumbs. Bake twenty minutes in a hot oven.

Maryland.

White Layer Cake:—One-half cupful butter, one cupful sugar, one-half cupful sweet milk, whites of four eggs, two cupfuls flour and two tablespoonfuls flour. Bake in layer.

Filling:—Place one-half pound figs and one cupful stoned raisins in a steamer and steam thirty minutes. While hot chop fine; add one teaspoonful vanilla, two-thirds cupful sugar and the beaten whites of three eggs.

Virginia.

Ham Balls:—Chop fine cold boiled ham and to each half cupful add one beaten egg and an equal amount of moistened cracker crumbs. Mold into balls and fry.

West Virginia.

Egg Relishes:—Make small deep cups of pastry and bake in a quick oven. In the bottom of each cup place one tablespoonful cold cooked tomatoes, a little butter, salt, pepper and mace. Poach some eggs in boiling water to which has been added a little salt and a tablespoonful of vinegar. Place an egg on top of each cup. Set in the oven until thoroughly heated and serve.

North Carolina.

Breakfast Puff:—To one quart of flour add a little salt, one-fourth cupful sugar, one tablespoonful melted butter, two eggs and one pint of boiled milk. Stir well and bake in a hot oven.

South Carolina.

Sweet Potato Salad:—Five cold, boiled sweet potatoes cut in small squares, two stalks of celery, chopped fine, one tablespoonful minced onion, salt, pepper and three tablespoonfuls of olive oil blended with one tablespoonful vinegar. Combine the potatoes, celery and onion and pour the dressing over them, stirring well. Garnish with celery tips.

Georgia.

Rice Pan Cakes:—One and one-half cupfuls boiled rice, one and one-half pints flour, one cupful sour milk, one-half cupful sweet milk, one teaspoonful soda, three eggs, one tablespoonful melted butter and a little salt. Mix well and bake on a hot griddle.

Florida.

Orange Ambrosia:—In side dishes place layers of plain cake, over them layers of sliced oranges, a sprinkling of sugar and a finishing of shredded coconut. Repeat the orange sugar and coconut if the dishes are deep. Let stand two hours and serve.

Mississippi.

Chocolate Wafers:—Cream together six ounces of butter, six ounces of sugar, four ounces grated chocolate, five ounces flour, the juice of a lemon and one teaspoonful grated nutmeg. Beat until light and bake in hot wafer tongs. When done dust with sugar and roll around a stick. When cold remove and fill with whipped cream.

Alabama.

Sweet Breads:—Trim and wash, leaving in the water one hour to harden. In the bottom of a baking pan put a layer of bacon, a layer of the sweet breads and a layer of cooked tomatoes (thick). Repeat twice; dot the top with butter and bake in a moderate oven. When necessary add one cupful soup stock.

Tennessee.

Steamed Chicken:—Fill a tender young chicken with a dressing made of bread crumbs, cold boiled eggs, a chopped pepper, a little salt and one small onion minced. Place in a steamer and steam until tender. (If too old boil a little before stuffing.) In a bake dish place one pint sweet cream one cupful soup stock, one cupful mashed sweet potatoes one cupful okra (chopped fine) one-fourth pound cold bacon (cooked and chopped) a little salt and pepper. Add sufficient cooked rice to thicken. Make hollow in the center; in this place the chicken and bake thirty minutes.

Kentucky.

Tutti Frutti:—To one gallon rich cream add four ounces sweet almonds, chopped raisins, one cupful chopped citron, one-half pound preserved orange peel, one pound dates, chopped. Freeze solid and serve.

Indiana.

Meat Pie with Potato Crust:—Cut cold roast beef into thin slices, removing all fat and gristle; cover the bones and trimmings with cold water; add a few slices of onion and carrot, also a stalk of celery, let simmer two hours, strain off the broth and simmer in it the slices of beef until they are tender. Season with salt and pepper and sprinkle over with flour, cover closely with a round of potato crust leaving an opening in the top. Bake fifteen minutes.

Ohio.

Breakfast Cakes:—Boil fresh beef or pork until it can be picked into shreds. Let cool in the water and skim off all grease. Remove the meat and shred it. Return to the water and when it boils add salt, pepper, a little sage and cornmeal to thicken. Pour into a deep dish to mold and when solid cut in slices and fry.

Illinois.

Tea Cakes:—Cream together one pound of butter and one of sugar, add one cupful sweet milk and one and one-half pounds of flour. Turn the dough on a bread board and knead twenty minutes. Roll thin, cut in round cakes and bake in a cool oven.

Michigan.

Mutton Pie:—To two cupfuls cold, chopped mutton add one cupful cold, sliced potatoes. Place in a baking dish and add salt and pepper to season. Cover the top with a thick layer of mashed potatoes and bake in a moderate oven.

Minnesota.

Lunch Toast:—To one cupful chopped meat add two cupfuls sweet cream, let come to a boil. Add two well-beaten eggs, salt and pepper to taste. Pour over toasted bread on a deep platter and add sliced egg yolks.

Wisconsin.

Deviled Eggs:—Boil eggs hard and let cool. Cut in halves, take out yolks and add to them salt, sugar, red-pepper, mustard and vinegar to taste. Return to the whites and serve very cold or else well heated by placing in a hot oven.

Nebraska.

Baked Vermicelli:—Put the vermicelli in boiled salted water and cook twenty minutes. Drain and put a layer in the bottom of a baking dish, cover with grated cheese, dot with butter and season with salt and pepper. Repeat until the dish is full. To one cupful strained tomato add one cupful sweet milk; pour over the vermicelli and bake in a hot oven.

Nevada.

Dried Apple Cake:—Chop one cupful dried apples and cook until tender in a rich syrup. Make a cake of one-half cupful lard, one cupful sour milk, one cupful sugar, one teaspoonful soda, spices to flavor, and a little salt. Add the dried apples and bake in a slow oven.

Iowa.

Cabbage Salad:—Cook the cabbage whole. When cold cut in slices and cover with a dressing made by adding one-third vinegar to two-thirds bacon fat and seasoning with salt, pepper, mustard and a very little horseradish.

Missouri.

Cornmeal Pudding:—To one quart of milk add one pint cornmeal mush

PICTURE THAT MAKES YOU YAWN



A PHOTOGRAPH THAT POSSESSES A VERY PECULIAR POWER.

This charming and interesting picture possesses a very peculiar power. A lady had a large copy hung in her sittingroom. Soon after hanging the picture she began to notice a peculiar thing about it; every time she looked at it she would experience a strong desire to yawn, says the Strand Magazine. Unconsciously she would proceed to imitate it; then she would catch herself and desist. This lady had a great many callers, and she watched to see what effect the picture would have on her friends. Almost everyone who looked at the picture was affected in the same way, and would straightway proceed to yawn and gape. Look at the picture and see if you are not susceptible to its strange power.

(previously cooked and cooled) two-thirds cupful molasses and one teaspoonful cinnamon. Bake four hours.

Arkansas.

Pork Chow-Chow:—Cook fresh lean pork and when done add to each pound three tablespoonfuls best vinegar, a little salt, pepper and mustard and one-half cupful chopped cabbage. Mix all together; chop very thoroughly. Serve cold.

Louisiana.

Orange Tapioca:—Soak one cupful tapioca three hours, cut two oranges in thin slices, stir them into the Tapioca, add a little sugar and bake three hours.

Texas.

Oatmeal Snaps:—Mix one cup sweet cream and three tablespoonfuls sugar, add fine oatmeal to thicken, roll thin and bake in a moderate oven.

California.

A Summer Drink:—To two and one-half ounces lemon juice add two quarts of boiling water and three pounds white sugar. As soon as this boils add the beaten whites of two eggs. Let boil up, strain, flavor and boil. Bottle for use. Before drinking add to each glass one-half teaspoonful soda.

North Dakota.

Corn Bread with Sweet Milk:—To one cup cornmeal and two cups flour, two tablespoonfuls baking powder, two tablespoonfuls sugar, one cup sweet milk, one tablespoonful melted butter, two beaten eggs and a little salt. Bake in a moderate oven.

South Dakota.

Carrot Pudding:—Two cupfuls boiled carrots mashed very fine, one cupful milk, four teaspoonfuls flour, a good sized piece of butter, salt, pepper and two eggs. Stir all together until thoroughly mixed and bake one hour.

Montana.

Fried Fish:—To the grated yolks of three hard boiled eggs add one cupful bread crumbs, salt and pepper. Roll the fish in this and fry in lard.

Idaho.

Raisin Pies:—To two cupfuls seeded raisins add three cupfuls hot water and cook ten minutes. Then add two-thirds cupful sugar, one beaten egg, one tablespoonful cornstarch and a small piece of butter. Let come to a boil and cool before filling pies.

Wyoming.

Jugged Chicken:—To one tablespoonful flour add salt, pepper and a little sage. In this roll each piece of chicken, then pack solidly in an earthen bean pot. Cover with sweet milk and bake until the chicken is tender.

Colorado.

Turnip Balls:—Remove the center from three pared turnips, leaving a shell about one-half inch thick. Fill the opening with any cold chopped meat. Set in a kettle of boiling water, the opening just at top of water, and cook until tender. Serve by cutting each in half.

Kansas.

Steamed Pudding:—To two eggs add one cupful milk, one-third cupful melted butter, two cupfuls flour, two teaspoonfuls baking powder, and one cupful of any rich preserve. Steam two hours.

Washington.

Scalloped Potatoes:—In a deep dish place a layer of sliced potatoes, a layer of stewed tomatoes and a sprinkling of salt, pepper and chopped onion. Repeat until dish is nearly full. Fill up with rich soup stock and bake.

Oregon.

Marvel Pies:—To one pint sifted apple add four eggs, one cupful cream, one lemon (juice and grated rind), and one tablespoonful flour. Bake with one crust.

Utah.

Corn Oysters:—One pint cooked corn one egg, one-half cupful milk one cupful flour, one teaspoonful baking powder and salt and pepper to taste. Fry in teaspoonfuls in hot butter.

HEALTH AND BEAUTY.

When a cut will not heal saturate a piece of absorbent cotton with coal-oil and bind on.

If you have dark hair and it seems to be coming out cut off a slice of lemon and rub it in your scalp; it will stop that trouble promptly.

The application of lemon juice will sometimes cause warts to disappear. Touch them several times during the day with a camel's-hair brush soaked in the juice.

Fencing is one of the latest fads taken up by women. It is claimed to be an excellent exercise, teaching alertness and grace. Already there are many women who are experts with the foils.

When a person has no appetite, and the actual eating is an effort, salt can be properly nourished on liquid foods. A glass of milk, in which two raw eggs have been shaken, is a good meal. The liquid should be poured through a fine strainer and may be sweetened and flavored to taste.

Hunger makes the plainest foods enjoyable. It causes vigorous secretion and outpouring of all the digestive fluids, without a plentiful supply of which no foods can be perfectly digested. Wait for an appetite if it takes a week. Fasting is one of the saving graces. It has a spiritual significance only through its great physical and physiological importance.

Nervous people get great benefit from walking. It is a shame to see able bodied people take a street car for a ten or fifteen-minute walking distance, says a writer. A man may be in a hurry, but unless the time is imperatively needed, his appetite and digestion and general health will be so much better for the walk that it is strange he cannot see it, or is too lazy to see it.

One is continually reading how good barley water is for various conditions, especially bowel troubles in young children, but many people do not know how to make it. The following recipe is given by a physician: Take a full teaspoonful of barley flour and make it into a thin paste with cold water, stir into a pint boiling water, and add a pinch of salt; boil it twenty minutes, and then add sufficient boiling water to make a full pint. If it is not perfectly smooth strain it through a tea strainer.

You have probably been accustomed to sleep since your childhood on a pair of pillows lying crosswise to your head. Sometimes you cannot sleep, however. Just try lying on them placed lengthwise, so that the lower ends will touch your arms. You will find the amount of repose you get is double what you derive from them when placed in the ordinary fashion, which really leaves nothing for the base of the neck to rest upon. A properly constructed pillow should rest the head, neck and shoulders. The one most in vogue rests only the head.

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FADS AND FANCIES.

Some tiara-like ornaments are mounted on combs.

Latest handbags are patterned after mail bags.

Crows' wings trim some of the felt hats.

Dark colors dominate in the spring suggestions.

Guimpes are now made of cambric as well as net.

A great many border linens appear on the counters.

Very smart with velvet gowns are black velvet hats with white feathers.

Jet cabochons and strings of large cut beads are millinery novelties.

Foulards in small figures are given a leading place in new materials.

The big armhole and round neck are still in favor for jumper style gowns.

Twists of silver ribbon are as effective as they are simple for hair ornaments.

The butterbowl shape hat is still with us and threatens to stay another half year.

Some of the handsomest black gowns have fine white cambric ruffles at the wrists.

It is predicted that there will be no more high waists after the spring begins.

All corsets are being worn as long as possible over the hips with but few curves.

Black pearls are too costly for any but the wealthy; the black opal, however, is not exorbitantly priced, and it is in great request for fashionable women.

Enormous roses of deep Capri blue shot with silver, in the center of which shines a diamond dewdrop, are a charming decoration for the severe evening gowns.

The new spring hats already shown are very conservative. They are made mostly of braid and leghorn, in this winter's shapes and trimmed profusely with flowers.

For mourning both grenadine and crepe are favored materials for bonnets. They are worn with a draped crepe veil, in deep mourning, beneath which is a face veil of tulle or net, bordered also with crepe.

Among the most picturesque and becoming fashion of the moment is that made which sanctions the wearing of a fur-trimmed hat or toque with a directoire shoulder-scarf, muff and gown carefully arranged to correspond.

GERMAN PANCAKES.

Beat the yolks of three eggs light, add a cup of milk, a half-teaspoonful of salt and a teaspoonful of powdered sugar. Stir in gradually a cup of flour, then a tablespoonful of melted butter. Beat light, adding more flour if necessary to make a good batter. Pour into

a greased frying pan, covering the bottom of the pan with the batter. When the cakes are done on one side turn carefully. When brown spread with butter, then with jelly and roll up. Sprinkle with powdered sugar and serve on a hot platter.

LEHIGH COUNTY SCRAPPLE.

Cook a large soup bone and two onions in six quarts of water for two hours; take out the bone and add two tablespoonfuls of salt, pepper to taste, two pounds of liver pudding cut fine and some pot herbs or summer savory—very little. Prepare beforehand enough meal to thicken, using one part kiln-dried cornmeal and two parts buckwheat flour. Boil all together for a half hour or until thick. When cold, slice a half-inch thick and fry.

CHEESE CAKES.

Into a quart of cottage cheese rub a half cup of sugar that has been creamed with a teaspoonful of butter, add the beaten yolks of three eggs, a pinch of salt, a teaspoonful of grated lemon peel, a cup of cream and, lastly, the whites of the eggs beaten to a stiff froth. Flavor with lemon juice and turn into an open crust and bake.

APPLE FRITTERS.

Make a batter in the proportion of 1 cup of sweet milk to 2 cups of flour (bread), 1 heaping teaspoonful of baking powder, 2 eggs beaten separately, 1 tablespoonful of sugar and a saltspoonful of salt. Heat the milk a little more than lukewarm, add slowly to the beaten yolks and sugar, then the flour and whites of eggs, stir all together and throw in thin slices of good sour apples, dipping the batter up over them, drop into boiling hot lard in large spoonfuls with pieces of apple in each. Fry to a light brown.

"SAUER-KRAUT CANDY."

Boil one pound of light-brown sugar with a half-cup of boiling water until it will harden when dropped into cold water. Take from the fire and stir in a quarter-pound of prepared cocoanut. When thick drop by the spoon upon a buttered plate. This is easy to make and derives its name from its appearance.

SAVORY STEAK.

Cut round steak into three-inch squares, roll well in flour and fry until brown in a skillet, adding a large onion, cut up fine. Cover with hot water and simmer slowly for one and one-half hours. Use half butter and half lard for frying. Season with salt and pepper to taste and serve.